

THE RESULTS OF AN ECONOMICAL SCHEME OF TREATMENT OF ATEROSCLEROSIS WITH ATORVASTATIN

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BACKGROUND/AIM: The aim of our study was to find an effective and low-cost treatment scheme for atherosclerosis.

METHODS: We investigated 77 patients with dyslipoproteinemia. These were divided into three groups. The first group (28 patients) was prescribed antiatherogenic diet plus atorvastatin 10 mg daily for 15 days and every second day during the next month – . Patients from the second group were prescribed only antiatherogenic diet. The third group (25 patients) was prescribed diet plus atorvastatin 10mg every day for 1.5 months. Patients were excluded if they had received antiatherogenic treatment during the last 3 months or had contraindication to the atorvastatin: triglycerides>300mg/dL. 250mg/dL>TC(total cholesterol)>180mg/dL. 200mg/dL>LDL (low-density lipoprotein)>130mg/dL.

The blood samples were collected after an overnight (12- to 14-hour) fast. TC was estimated by CHOD-PAP method and LDL by direct measurement enzyme method.

RESULTS: In the second group, the differences between initial and last levels of TC and LDL were not significant (4% to -6%). In the first group, levels of TC and LDL after 1.5 months of treatment were significantly reduced (21.6% and 28%, respectively). In the third group, TC was 25.9% and LDL 31.1%. No significant differences between the first and third group results were noted. No side effects during treatment with atorvastatin were seen.

DISCUSSION/CONCLUSIONS: An economical scheme of treating atherosclerosis by taking atorvastatin 10 mg every day for 15 days and every second day during the next month (instead of every day) is significantly effective in patients with moderate dyslipoproteinemia, and is an available cost-effective treatment option for low-income and developing countries.

Keyword: Treatment of Atherosclerosis, LDL-Cholesterol reducing, Atorvastatin